

CIRC 454

University of Hawaii  
College of Trop. Agric.  
U.S.D.A. Cooperating

Cooperative Extension Work  
In  
Agriculture and Home Economics  
State of Hawaii

Cooperative Extension  
Service  
Honolulu, Hawaii

Foods and Nutrition

February 20, 1963

H. E. Series No. 45

## SELECTED-DINNERS IN-A-DISH

By Kathryn J. Orr  
Specialist in Foods and Nutrition

HAM-AND-GREEN BEAN BAKE  
MARINATED TOMATOES AND CUCUMBERS  
FRENCH FRIES (FROZEN)  
ICE CREAM -- FAMILY FAVORITE FLAVOR  
COFFEE, TEA, MILK

### HAM-AND-GREEN BEAN BAKE

1 can condensed cream-of-mushroom  
soup, undiluted  
1/2 cup milk  
1 No. 2 can small whole onions,  
drained (or 2 cups cooked onions)

1 cup slivered, cooked ham  
1 cup cooked green beans  
1/2 cup buttered fresh bread  
crumbs

Start heating oven to 375°F. In 2-quart casserole, blend cream-of-mushroom soup with milk; add onions, ham, and green beans. Sprinkle top with buttered crumbs. Bake 20 minutes, or until hot and bubbly. Makes 3 servings.

Ham 'N Asparagus: Substitute 1 cup cooked, cut-up asparagus for  
1 cup cooked green beans.

TUNA SUPPER CASSEROLE  
BAKED POTATOES  
PINEAPPLE-CABBAGE SLAW  
DATE TORTE  
COFFEE, TEA, MILK

TUNA SUPPER CASSEROLE

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 package frozen spinach <u>OR</u> | 1 tablespoon minced onion        |
| 1 pound fresh spinach,             | 2 tablespoons flour              |
| washed                             | 1/2 teaspoon salt                |
| 1 can solid-pack tuna (1 cup)      | 1/8 teaspoon pepper              |
| 1 3-ounce can sliced mushrooms     | 1 crushed bay leaf               |
| 2 tablespoons fresh, frozen or     | 1 egg, slightly beaten           |
| canned lemon juice                 | 1 tablespoon butter or margarine |
| 2 tablespoons butter or margarine  |                                  |

Start heating oven to 350°F. If using frozen spinach, cook as package directs; if fresh, cook in 1/2" boiling water 6 to 10 minutes, or until tender crisp. Drain spinach well; season. Drain excess oil from tuna. Drain mushrooms; to mushroom liquid, add lemon juice, then enough water to make 1 cup liquid. In small saucepan, melt 2 tablespoons butter; blend in minced onion, flour, salt, pepper, and bay leaf; then blend in mushroom liquid. Cook, stirring, until thick and smooth. Beat sauce into egg; then add mushrooms. Arrange spinach in 1-1/2 quart casserole; top with tuna in big chunks; then top with sauce. Dot with 1 tablespoon butter. Bake 30 minutes. Makes 4 servings.

DATE TORTE

- |                              |                          |
|------------------------------|--------------------------|
| 2 eggs, separated            | 1 cup sugar              |
| 3 tablespoons cracker crumbs | 1 teaspoon baking powder |
| 1/2 cup chopped nut meats    | 1/4 teaspoon salt        |
| 1 cup chopped dates          | 1 teaspoon vanilla       |

Combine beaten egg yolks and other ingredients. Fold in beaten egg whites at the last. Bake in a slow oven (325°F.) for about 20 minutes. Serve plain or with whipped cream.

EGGPLANT PARMIGIANO AMERICANO  
TOSSED GREEN SALAD -- CHOICE OF DRESSING  
CRUSTY FRENCH BREAD  
PANTRY SHELF FRUIT CUP  
(Peach, Pear, Figs)  
COFFEE, TEA, MILK

EGGPLANT PARMIGIANO AMERICANO

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1-1/2 pound chuck, ground | 1/8 teaspoon pepper                 |
| 1 teaspoon onion salt     | 1/4 cup salad oil                   |
| 1/4 teaspoon pepper       | 2 8-ounce cans tomato sauce         |
| 2 tablespoons salad oil   | 1 cup grated process sharp American |
| 1 medium eggplant         | cheese (1/4 lb.)                    |
| 1/3 cup flour             | 1/4 teaspoon dried oregano          |
| 1/2 teaspoon salt         | Snipped parsley                     |

continued

Start heating oven to 350°F. With fork, combine ground chuck, onion salt, and 1/4 teaspoon pepper; lightly form into 8 patties. In 2 tablespoons hot salad oil in skillet, sauté patties till brown on both sides but rare inside; remove. Wash eggplant; cut into 8-1/2"-thick slices. Sprinkle with mixture of flour, salt, and 1/8 teaspoon pepper. In 1/4 cup hot salad oil in skillet, sauté eggplant slices until golden on both sides. In greased 12"x8"x2" baking dish, arrange half of eggplant slices with half of meat patties. Spread with 1 can tomato sauce; then sprinkle on half of cheese and oregano. Repeat. Bake, uncovered, 30 minutes, or until cheese is bubbly. Top with snipped parsley. Makes 4 servings.

STUFFED CABBAGE ROLLS  
FLUFFY RICE (OVEN BAKED)  
CELERY - RIPE OLIVES  
BRAN MUFFINS (READY MIX)  
STRAWBERRY TOPPED JIFFY CHEESE CAKE  
COFFEE, TEA, MILK

STUFFED CABBAGE ROLLS

|                                       |   |
|---------------------------------------|---|
| 1 head cabbage (about 2 lb.)          | 2 tablespoons fat, salad oil, <u>OR</u>             |
| 1 pound chuck, ground                 | bacon drippings                                     |
| 1 tablespoon packaged precooked rice  | 1 minced large onion                                |
| 2 tablespoons sugar                   | 1/2 teaspoon salt                                   |
| 2 tablespoons grated onion            | 1/4 teaspoon paprika                                |
| 1 tablespoon fresh, frozen, <u>OR</u> | Dash pepper   |
| canned lemon juice                    | 1/2 cup hot water                                   |
| 1 teaspoon salt                       | 2 8-oz. cans tomato sauce                           |
| 1/4 teaspoon pepper                   | 1/4 to 1/2 cup granulated sugar                     |
| 1/4 teaspoon paprika                  | 1/4 cup fresh, frozen, <u>OR</u> canned lemon juice |

Early in day or day before: Wash cabbage; cut out core. Cook, whole, in boiling water until barely tender; drain. Combine chuck, rice, 2 tablespoons sugar, grated onion, 1 tablespoon lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and 1/4 teaspoon paprika. Separate about 8 large leaves from cabbage (save rest of cabbage head to cut up and cook with butter and cream another day); put spoonful of meat mixture on each leaf; roll up, tucking in ends to make neat compact bundles.

In hot fat in Dutch oven or chicken fryer, sauté minced onion with 1/2 teaspoon salt, 1/4 teaspoon paprika, and dash pepper about 10 minutes, or until onion is tender. Add hot water. Place cabbage rolls on top of onion. Mix tomato sauce with 1/4 to 1/2 cup sugar and 1/4 cup lemon juice; pour over cabbage rolls. Cover; cook over low heat, or bake in 325°F. oven, 2 hours. Taste; add more sugar or lemon juice, if desired. Refrigerate.

To Serve: Reheat cabbage rolls in sauce on top of range over low heat or in 325°F. oven. Makes 4 generous servings.

STRAWBERRY TOPPED JIFFY CHEESE CAKE

1 large package (8 oz.) cream  
cheese  
2 cups milk

1 package Lemon Instant Pudding  
(type made with cold milk)  
1 8-inch graham cracker crust

Soften cream cheese. Add 1/2 cup milk gradually, blending until smooth. Add 1-1/2 cups milk and pudding mix. Beat with egg beater until well mixed (about 1 minute). Pour into chilled crust. Sprinkle with graham cracker crumbs. Chill. Makes 6 servings.

GRAHAM CRACKER CRUST:

1 cup fine graham cracker crumbs  
2 tablespoons sugar

1/4 cup melted margarine or  
butter

Mix these three ingredients. Press firmly into 8-inch pie pan. Bake at 375°F. 5 to 8 minutes. Cool before filling.

STRAWBERRY TOPPING

1 can (10 or 12-oz.) frozen  
strawberries, thawed

1 tablespoon sugar  
1 tablespoon cornstarch

Blend sugar and cornstarch; gradually add juice from thawed berries. Cook over low heat, stirring constantly, until mixture is thick and clear. Add berries. Cool. Spread over cheese cake. Chill.

OR

Use canned strawberry pie filling and follow instructions on can.

BAKED CHICKEN SALAD  
MOLDED PERFECTION SALAD  
BAKING POWDER BISCUITS  
BUTTERSCOTCH-COCONUT FLAN  
COFFEE, TEA, MILK

BAKED CHICKEN SALAD

2 cups cooked chicken, 1/2-inch dice  
1-1/2 cups celery, 1/4-inch dice  
1/4 cup chopped toasted almonds  
2 teaspoons finely chopped onion  
Grated rind of 1/2 lemon  
1 tablespoon lemon juice

1/8 teaspoon pepper  
1/2 to 2/3 cup salad dressing  
Salt and pepper  
1 cup (1/4 lb.) grated Cheddar  
cheese  
1 cup crushed potato chips (4 oz.)

continued

Measure chicken, celery, almonds, onion, lemon rind and juice, and pepper into mixing bowl. Add salad dressing. Toss lightly to blend ingredients. If desired, add additional salt and pepper. Divide into 4 individual shallow casseroles or a 1-quart casserole. Sprinkle cheese over top. Top with the potato chips. Place casseroles on baking sheet and bake in a moderate oven (375°F.) 25 minutes, or until cheese begins to bubble. Makes 4 servings. Cranberry sauce is a good accompaniment.

#### BUTTERSCOTCH-COCONUT FLAN

|   |                                   |
|---|-----------------------------------|
| 6 tablespoons brown sugar                   | 2 tablespoons butter or margarine |
| 6 tablespoons flaked or<br>shredded coconut | 2 eggs, unbeaten                  |
| 4 white-bread slices, crusts<br>removed     | 2 cups milk                       |
|   | 1/4 teaspoon salt                 |
|   | 1/2 teaspoon vanilla extract      |

Early in day:

Start heating oven to 350°F. Grease 6 custard cups. Sprinkle bottom of each cup evenly, first with 1 tablespoon brown sugar, then with 1 tablespoon coconut. Set aside. Spread bread slices with butter; then cut them into 1-inch cubes.

In small bowl, beat eggs with milk, salt, and extract until very well-blended; add buttered-bread cubes; toss lightly.

Into each custard cup, pour about 1/2 cup egg-bread mixture. Set filled cups in shallow, open pan; place on oven rack. Fill pan with hot water to 3/4 inch from top of cups. Bake custards 45 minutes, or until firm on top; cool; then refrigerate.

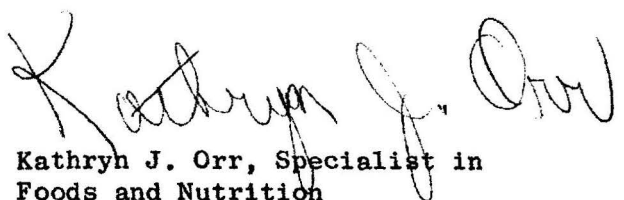
About 1/2 hour before serving:

Remove custards from refrigerator; let stand so butterscotch will soften.

To serve, run a spatula around inside each cup; unmold onto dessert plate; the butter-scotch topping trickles down the sides. Makes 6 servings.

#### REFERENCES:

Dinners-In-A-Dish, Good Housekeeping Booklet, 1956.  
Stewing Chicken 5 Delicious Ways, Poultry and Egg National Board  
Everywoman's Last-Minute Cookbook.

  
Kathryn J. Orr, Specialist in  
Foods and Nutrition

